

PDO THREAD LIFT AFTERCARE

The following aftercare advice is essential to help reduce the risk of treatment complications, to improve your comfort/healing and to help achieve the best possible results from treatment. Please follow the aftercare advice for PDO thread lift treatments.

- After the procedure you may experience some temporary pain or discomfort, bruising and swelling. These effects should settle within the next 7 days. There may be some temporary skin changes at the insertion sites such as puckering, dimpling and lumpiness. These effects should resolve over 1-2 weeks but occasionally may last longer. You may feel a pulling sensation up to 5 weeks, this again will naturally resolve.
- Contact your practitioner at any stage if you are concerned about the healing process.
- A cold compress can be applied to help with swelling, you can also sleep propped up on 3 pillows to help drainage of fluid overnight.
- Sleep on your back to avoid pressure on the treated area overnight for at least 3 weeks.
- Arnica cream can help with bruising resolution.
- Follow any wound care advice given to you by your practitioner for the thread entry sites, which consists in cleaning the insertion point with cold boiled water and cotton bud twice a day for the first two weeks.
- Use a mild cleanser with tepid water to clean the rest of your face (excluding the insertion points) for 7 days after the treatment and gently dry the treated area. Keep your hands clean when touching your face.
- Do not rub or massage the face for 2 weeks after treatment.
- Do not open your mouth wide and avoid dental treatments for 2 weeks if possible. Keep your mouth closed when brushing your teeth. No dental floss for two weeks.
- If you experience any pain after the treatment, you can take a simple over the counter pain killer such as paracetamol.
- Minimise facial movements for the first two weeks.
- Avoid any perfumes, fake tan or other harsh chemicals for at least two weeks.

- Avoid any makeup for 7 days after treatment as this can increase the risk of infection.
- Avoid rubbing or picking the treated area/ thread entry port sites.
- You can use a gentle moisturising cream over the treated area.
- Avoid any products that contain alpha hydroxy acids, retinol, and glycolic acid for at least 2 weeks after treatment.
- Avoid strenuous exercise, saunas, sunbeds, submerging your face under water and exposure to heat for 2 weeks after treatment. These can cause sweating which can irritate the skin and slow down your ability to heal quickly.
- Avoid swimming for 2 weeks after treatment.
- Avoid any excess alcohol or caffeine for 48 hours after treatment.
 - Wear SPF 30 or greater sunscreen for at least 2 weeks following treatment.
 - Avoid any further cosmetic treatments such as Botox or dermal filler until your thread lift practitioner has given approval for these to go ahead.
- Avoid any heat producing cosmetic treatments such as HIFU, laser and IPL for 12 weeks after treatment. If you are looking to have an aesthetic procedure, ask your thread lift practitioner if it is safe to do so.
- Avoid facials or facial massages for 2 weeks after treatment.
- Avoid any hair removal treatments such as waxing for 2 weeks after treatment.
- If you experience thread protrusion then do not pull at the thread, contact your practitioner for a review.
- You must seek medical attention and contact your practitioner if you experience any signs or symptoms of infection after treatment. Infection can present as hot, red shiny skin, there may be pus formation and you may have a fever or feel generally unwell.
- You must contact your practitioner as soon as possible if you notice any other unwanted side effects.
- Your practitioner will advise when further review appointments are required. If you are advised to attend a follow up appointment, please do make every effort to attend them. You should do this even if you believe that the recovery process is going well and you cannot see that there are any visible complications.
- It takes about 6 weeks for the area to be fully healed, at this point a review can be done and more threads can be inserted if needed.

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